

WHISCONIER MIDDLE SCHOOL ACTIVITIES

Ice Cream Social -Grades 5 & 6

We're scooping up tons of fun for 5th and 6th Graders at our 16th Annual Ice Cream Social on Friday, June 13. Social will be held at the Town Park Beach (which will be closed to the public), and features games (volleyball/basketball), swimming, and ice cream. Leave from WMS by chartered bus at 2:45 p.m. Parents are to pick up students at the Town Park at 5:00 p.m. Fee is \$10.00 per student, and preregistration is required

Basic Drawing and Watercolor

Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday

Time: 2:40 – 4:10 p.m.

Dates: 4/21 – 6/16 (8 wks)-no class 5/26

Place: WMS Art Room

Instructor: Victoria Lange

Fee: \$85.00

Stretch & Glow Tween Yoga (ages 10-13)

This class introduces the practice of flowing smoothly through our yoga poses to build focus, concentration and determination. A greater focus on proper alignment, arm balances and strengthening poses will help children appreciate and understand their growing bodies. Breathing exercises and relaxation techniques will help children cope with stress in their everyday lives. We will incorporate cooperative yoga games and challenges to encourage teamwork and keep yoga fun!

Day: Tuesday

Time: 3:45 – 4:45 p.m.

Dates: 4/22 – 6/10 (8 wks)

Fee: \$96.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith

Diamond Edge Training

Diamond Edge trains athletes in all sports. We also train students who don't participate in organized sports that would like to improve their fitness levels. Using cutting edge equipment along with station to station conditioning, we ensure each student improves their explosive power, speed development, core strength, acceleration, deceleration, balance & stability, flexibility, coordination and movement mechanics. Workouts are designed for boys and girls age 9 and up regardless of skill or fitness level and a 5:1 instructor to student ratio will be maintained.

Day: Thursday

Time: 2:40 – 4:10 p.m.

Dates: 4/24 – 6/12 (8 wks)

Fee: \$85.00

Place: WMS Gym

USTA Junior Tennis

Brookfield Parks & Recreation and the United States Tennis Association New England are forming a Junior Team Tennis league. USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. USTA Jr. Team Tennis allows participants (adv. beginner, intermediate and advanced) to compete with and against individuals of similar age and skill level. Teams have the opportunity to advance to state, sectional and national championship events. The season will run June 12 through July 27 with a practice once a week and a match once a week. Three home meets will be played on Saturday afternoons on the BHS Courts and three away meets TBA in towns throughout Fairfield County. Every effort will be made to have practice on a set day and time each week time when all team members can participate. Total fee to participate is \$116. \$75 will be paid directly to Parks & Rec at registration for coaches' fees and team t-shirt. \$41 will be paid when you register for your team online and includes USTA membership and the fee for the league. You **MUST** register with Parks and Recreation by Wednesday, May 14 in order to play. To learn more about Junior Team Tennis please join us for an informational meeting on Thursday, May 8 at 6:00 p.m. in Town Hall Room 129.

Golf Lessons for Juniors

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. Also included will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

April: 4/1, 4/8, 4/15, 4/22 (Tuesdays)

May: 5/5, 5/12, 5/19, 6/2 (Mondays)

June: 6/5, 6/12, 6/19, 6/26 (Thursdays)

July: 7/9, 7/16, 7/23, 7/30 (Wednesdays)

August: 8/5, 8/12, 8/19, 8/26 (Tuesdays)

ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil. Class meets in the Town Hall.

Day: Saturday

Time: 9:00 a.m. – 3:00 p.m.

Date: 5/10

Fee: \$65.00

Place: Town Hall Room 133

Instructor: Peggy Boyle

Volleyball Clinic

Students in grades 5 – 8 will learn the basics of volleyball including: serving, hitting, passing, setting and court position. This is a great program for those who are considering playing volleyball at BHS and want to learn more about the sport, as well as for those who just want to get some exercise and have some fun!

Day: Tuesday

Time: 2:40 – 4:10 p.m.

Dates: 4/22 – 5/27 (6 wks)

Place: WMS Gym

Instructor: Brianna D'Arcangelo

Fee: \$59.00

New~ Intro to Field Hockey

Designed for students in grades 5-8 with no previous experience playing, this program will provide a foundation for stick skills, ball handling, sport rules and teamwork. Students should bring a mouth guard, shin guards and a stick (if you have one). Instructor Jackie Scholten is the BHS Varsity Field Hockey coach.

Day: Wednesday

Time: 2:40 – 4:10 p.m.

Dates: 4/23 – 5/28 (6 wks)

Place: WMS Gym

Fee: \$59.00

New ~ CrossFit (Ages 13- 18)

CrossFit is for any age, but it is never more important to learn the correct way to exercise than at a young age. CrossFit uses constantly varied functional movements at high intensity. What that means is we use movements that you do in everyday life, such as squats (sitting down), overhead presses (putting something up on a shelf) and deadlifts (picking things up off of the ground) which will increase your strength. We also incorporate bodyweight exercises such as box jumps, pull ups, pushups and jump ropes to help increase your stamina. In every class we will work on a specific strength movement and then put you through a 15-20 minute high intensity workout combining everything you have learned. Please bring a water bottle and wear clothes that allow you to move freely.

Day: Monday and Wednesday

Time: 4:00 – 5:00 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26

Place: CrossFit Brookfield, 355 Federal Road

Fee: \$132.00

Intro to Breakdancing Grades 5-8

Breakdancing, breaking, boying, or b-girling is a popular style of street dance that was born and developed as part of hip-hop culture among African Americans and Latino youth in Bronx, New York in the 1970's. As a hip-hop dance, it is usually danced to hip hop music, and incorporates intricate body movements, strong acrobatic moves, coordination, style, spontaneity, and fashion. The dancers often participate in battles, formal or informal dance competitions between two or more individuals or dancing crews. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Monday

Time: 3:15 – 4:15 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26

Place: Spirit Evolution & Athletics Training Center LLC

Fee: \$108.00

Hip Hop for Grades 5-8

This introductory level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment. Students will learn a new set of combinations and routines every time. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Tuesday

Time: 3:15 – 4:15 p.m.

Dates: 4/22 – 6/10 (8 wks)

Fee: \$108.00

Place: Spirit Evolution & Athletics Training Center LLC

CHEER*NASTICS

Athletes in grades 5-8 will improve their balance, flexibility, agility, and strength needed to perform tumbling skills in gymnastics and cheer. Easy enough for beginners but challenging enough for all current gymnasts and cheerleaders, classes will be geared toward the specific interests and abilities of the students enrolled. Please bring workout clothes, socks and clean sneakers. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Friday

Time: 3:15 – 4:15 p.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/23

Place: Spirit Evolution & Athletics Training Center LLC

Fee: \$126.00